



Senior Services

is a Division of the City's
Community Services Department

910 Longs Peak Ave | 303-651-8411
Office Hours: Monday - Friday, 8 am - 5 pm
www.LongmontColorado.gov

Senior Citizens Advisory Board:

Maureen Denig	Sean O'Halloran
Rob Ewers	Sue Heinritz
Brenda Ourada	Arlene Poplewko
Juana Mendoza	Emily Sciortino
Polly Christensen (City Council Liaison)	

This City Council-appointed board meets the first Wednesday of each month from 10am to noon at the Longmont Senior Center. Guests are always welcome. For information, call Michele at 303-651-8415.

Division of Senior Services offers recreation, informational programs and services for those 55 years plus.

Please register in advance for all programs, classes, events and trips. Our complete catalog can be found online

www.longmontcolorado.gov/senior-services or pick one up at the Senior Center.



Resources & Services: Senior Services Division staff is available to provide information about housing concerns or referrals to other resources such as Medicare, social security, or information regarding low income assistance. Professional staff is also available to meet with individuals or family members of older adults if there are questions about safety or health issues. Call to visit with one of our resource staff; Brandy at 303-651-8414 or Veronica, 303-651-8716.

Support Groups

Several support groups are available for interested persons, groups for Caregiver support, Alzhiemers's Parkinson's, Grandparents Raising



Grandchildren, Grief counseling and others. Many are open for drop-in participation. Call Brandy at 303-651-8414 for more information, times and dates of group meetings.

Here is a sample of some events:

"Love, Loss, and What I Wore" – a play by Nora and Delia Ephron

Come enjoy a wonderful afternoon as ten talented women tell their stories – funny and poignant – remembering pivotal moments in their lives



and what they wore. Hear how they loved or hated sweet and sexy prom dresses, messy purses, push up bras, killer high heels. It is all here – in a series of witty monologues on mothers and daughters, sisters and boyfriends and marriage and divorce. Written by the screen writers of the popular movies "Sleepless in Seattle," "You've Got Mail," and "When Harry Met Sally." Directed by, internationally known, James Carver. Presented by The Society of Creative Aging/ VIVA Theater and the Boulder Fringe.

Jan 11, Sun, 2-4pm

183008.07

Kol Nashim (the women's choir of the Colorado Hebrew Chorale)

We welcome the women of the Colorado Hebrew Chorale, Kol Nashim, as they present "Woman to Woman: Songs of Hope and Joy". This program demonstrates



some of the various expressions of Jewish music from around the world. Featuring music from three continents (America, Europe and Israel), in four languages (Aramaic, English, Hebrew and Yiddish). From Chassidic chants, to the Broadway stage, this concert offers something for everyone!

Feb 27, Fri, 1:30-3pm

183008.08

Friday Afternoon Concerts and Art Shows

This series is a program with the Longmont Council for the Arts, with generous funding from SCFD (Scientific and Cultural Facilities District), the Friends of the Longmont Senior Center, the City of Longmont Division of Senior Services, and many individual audience members. The LCA is deeply grateful for this strong show of support that enables us to bring such high quality arts experiences to the community. Thank you!

Time: 1:30pm Art Exhibit opens;
2:30pm Concert Begins
Location: Senior Center, 910 Longs Peak Ave
Fee: \$8.00 at the door for each concert

Friday, December 12

Captivating Holiday Music with Sarah Barber, mezzo soprano, Steve Taylor, baritone and Deb Schmit-Lobis, piano. Bringing new life to a varied selection of holiday favorites.

Guest Artists: Longmont Artist Guild

Friday, January 16

A Musical Tour of Brazil with GINGA

Ginga will perform a variety of traditional music of Brazil, including samba, bossa nova, chorinho and more. The band features performers Greg LaLiberte, Francisco Marques, Bill Kopper, Raul Rossiter, Carol Dixon, and Victor Mestas.

Guest Artist: John Lace, painter

Friday, February 20, - Jeff Scroggins and Colorado

High energy Bluegrass featuring the amazing banjo playing of Jeff Scroggins with KC Groves, Greg Blake, Annie Savage and Tristan Scroggins.

Guest Artist: Joan Jordan, painter

Senior Computer Tech Center

A computer learning opportunity for those 50+ Learn from your peers in a supportive and comfortable environment. NO MEMBERSHIP FEE REQUIRED!



Register at the Longmont Senior Center, 303-651-8411. We do this to insure that the class content is appropriate for all students in a particular class.

How to stay Safe in Cyberspace

Whenever you are on the computer or your mobile device you are on the internet, you are out there in Cyberspace, you are vulnerable. It is your responsibility to protect yourself. It is an exciting new technological world we live in. It is also very dangerous. You must do a lot more than just having a good anti-virus program on your computer. Let's discuss what you should and should not do to keep yourself safe. Please join us for this series of lectures to discuss the best ways to make sure YOU – your accounts, your money, your information – stays secure.

Fee per session: \$2 resident/ \$3 non-resident

Location: Longmont Senior Center, 910 Longs Peak Ave

Session 1: The Good, the Bad, the Ugly of using the Internet

Jan 15, Thurs, 1:30-3:30pm 182100.01

Session 2: Accounts, Passwords, Email

Jan 29, Thurs, 1:30-3:30pm 182100.02

Session 3: Browsing and Social Networking

Feb 12, Thurs, 1:30-3:30pm 182100.03

Session 4: The Cloud and Wireless Networks

Feb 26, Thurs, 1:30-3:30pm 182100.04

Plus many more classes, see the sample list below. Only the title is listed, please call or go online to get more information about our computer learning options, pick up our catalog or call our front desk, 303-651-8411.

- Computer Fundamentals using Windows 8
- Digital Camera Assistance
- E-Mail Assistance
- Facebook Assistance
- File Management - Windows 8
- Genealogy Assistance
- How to use Microsoft OneDrive
- Put Photos on your Computer
- What's New in Windows 8



Group Extended Travel For 2015:

British Landscapes Tour: England, Scotland & Wales September 11 – 21, 2015

Join us as we savor the scenic wonders of Britain! From the peaceful beauty of the Lake District to charming thatched roofed villages and the stunning and vibrant city of London ... you will be surrounded by history that formed centuries of famous literature, art and culture. Rate includes roundtrip airfare from Denver to London; 11 day tour; 13 meals; all transfers (including transfer from Longmont to DIA roundtrip); Travel Protection

Plan; Gratuities to tour manager/driver/local guides; baggage handling tips and services of a Travel Host from the Longmont Senior Center/Gold Key Travel. Call Gold Key Travel at 303-776-7024 for more information or reservations. Early Booking Rates include \$200 savings: \$4,499 per person (double occupancy) \$5,349 per person (single occupancy).

Informational Meeting: Jan 8, Thurs, 10am
Location: Senior Center, 910 Longs Peak Ave